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homemakers chat

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U. S. DEPARTMENT
OF AGRICULTURE

(Release on Receipt)

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SUBJECT: "Hats Off to Bossy!" Information from Office of Marketing Services,
War Food Administration.

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Little Miss Muffet was a smart little girl...eating her curds and whey. Isn't it sad...she ran away...leaving some curds and whey! But times have changed since little Miss Muffet's day...

Every product or by-product of milk has food value, and certainly should not be wasted. During these spring and summer months...when milk is more plentiful...you'll find more milk foods on the market...more cottage cheese and more buttermilk...and in some localities, more ice cream. When you have the opportunity to buy these wholesome foods, take advantage of their seasonal abundance...and use them often.

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Cottage cheese is a long-time favorite, and frequently made in farm homes. But town folks, too, like cottage cheese. The commercial variety is usually made from skim milk. Since cottage cheese is made from the milk curd, there remains the whey which for many years was thrown away. Now many cheese manufacturers salvage the whey to make milk sugar. Scientists found that the mold which produces penicillin can be grown successfully in a culture containing milk sugar.

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Buttermilk is another by-product of milk, a beverage made from the residue of buttermaking. If the cream is churned when it's sweet, the buttermilk is not very different from ordinary skim milk, but as a rule, cream is churned when it's sour, so the buttermilk is slightly acid. Since cultured buttermilk may be made from whole milk or skim milk...its nutritive value varies. Either kind of buttermilk is a delicious, cooling beverage.

In addition to serving buttermilk as a beverage you will find it useful for baking cornbread, biscuits, pancakes and making many other good dishes.

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Buttermilk and skim milk are similar in food value. Both contain valuable protein, and both supply you with calcium and some of the B vitamins. Enrich your meals with more of these protein-rich, point-free, and inexpensive milk foods.

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Ice cream needs no introduction to Americans. We might almost call it a national favorite, both summer and winter...yet statistics show that in the four months of May, June, July and August we usually eat as much ice cream as in all the other eight months put together.

These are the hot months, of course...when a frozen dessert is most popular. But there's another reason. During these months milk production is high...and in this flush season more ice cream may be made and sold in some localities.

During the past two years ice cream manufacturers have been limited in the amount of milk solids they could use...limited 65 percent of the amount they used in a corresponding month of a certain base period...the period between December 1941 and November 1942. Those restrictions on the use of non-fat milk solids have been removed now.

However, the manufacturers are still limited in the amount of butterfat they can put into their frozen dairy foods. So you can't expect that creamy richness in ice cream that you were accustomed to before the war.

But, perhaps you...like many others...have adjusted your likes to an ice cream that isn't so rich. You can even make your own ice cream, providing you are willing to do with less cream. Whole milk and top milk combined with eggs and either gelatin or rennet tablets make a nutritious, tasty dessert.

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